



Caramelized Onion Dip

 **Gluten Free**  **Popular**

READY IN



45 min.

SERVINGS



10

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons olive oil extra virgin
- 4 cups onions yellow chopped (from 2-3 onions)
- 1 teaspoon brown sugar
- 2 tablespoons balsamic vinegar
- 0.5 teaspoon kosher salt
- 0.5 teaspoon pepper black
- 1 cup heavy whipping cream sour
- 0.5 cup mayonnaise

- 0.3 teaspoon worcestershire sauce
- 0.3 teaspoon garlic powder

Equipment

- bowl
- pot
- spatula
- dutch oven

Directions

- Caramelize the onions:
- Heat olive oil in a large, thick-bottomed deep pot (I used a 5-quart Dutch oven) on medium high heat.
- Add the chopped onions and cook until translucent and starting to color, about 10 minutes.
- If at any point during the cooking of the onions they start to dry out, add a tablespoon of water to the pot.
- Stir in the brown sugar, balsamic, salt, and pepper. Lower the heat and cook gently, uncovered, for about 25 to 30 minutes, stirring occasionally, until the onions are nicely caramelized.
- Then set aside. (You can caramelize the onions up to 2 days ahead and chill until you make the dip.)
- Let cool a bit before adding to the other ingredients.
- Combine with remaining ingredients: In a medium bowl, mix together the sour cream and mayonnaise (a rubber spatula works well for this). Stir in the caramelized onions.
- Sprinkle with garlic salt and stir to incorporate. Stir in the Worcestershire sauce.
- Chill until ready to serve.
- Serve with potato chips.

Nutrition Facts

 **PROTEIN 3.14%**  **FAT 78.63%**  **CARBS 18.23%**

Properties

Glycemic Index:16.4, Glycemic Load:1.64, Inflammation Score:-4, Nutrition Score:3.5756521497084%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.99mg, Quercetin: 12.99mg, Quercetin: 12.99mg, Quercetin: 12.99mg

Nutrients (% of daily need)

Calories: 177kcal (8.85%), Fat: 15.71g (24.17%), Saturated Fat: 4.05g (25.3%), Carbohydrates: 8.19g (2.73%), Net Carbohydrates: 7.07g (2.57%), Sugar: 4.45g (4.94%), Cholesterol: 18.27mg (6.09%), Sodium: 200mg (8.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.82%), Vitamin K: 20.71µg (19.72%), Vitamin C: 4.96mg (6.02%), Vitamin E: 0.87mg (5.82%), Manganese: 0.1mg (5.21%), Fiber: 1.12g (4.48%), Vitamin B6: 0.09mg (4.44%), Calcium: 40.8mg (4.08%), Phosphorus: 39.57mg (3.96%), Potassium: 132.02mg (3.77%), Folate: 14.17µg (3.54%), Vitamin B2: 0.06mg (3.44%), Vitamin A: 152.52IU (3.05%), Vitamin B1: 0.04mg (2.38%), Magnesium: 9.48mg (2.37%), Selenium: 1.46µg (2.08%), Vitamin B5: 0.18mg (1.78%), Copper: 0.03mg (1.72%), Zinc: 0.21mg (1.39%), Iron: 0.24mg (1.32%), Vitamin B12: 0.06µg (1.03%)